

Be the reason someone quits



Studies show that once a smoker has decided to quit smoking they are more likely to be successful if they have the help and support of their family. This year, we're challenging you to be the reason that someone decides, once and for all, to quit smoking.

How can you help someone quit smoking?

There are many ways that you can help a friend, family member, colleague, or partner quit smoking.

- **Encourage them to quit.** They have to believe that they will be successful in order to quit.
- **Help them set a date to quit.** Helping your loved one set a date makes it real because they now have a goal. This gives them enough time to prepare mentally for the challenges and changes that lie ahead.
- **Offer frequent praise.** No matter what happens, try to offer praise and encouragement, don't dishearten them, or nag them.
- **Try to see it from their perspective.** Try to understand your loved one's doubts and fears when quitting, but remain positive and encourage them continuously.

How long will my loved one need my support?

The first two weeks are the hardest, and smokers

who relapse generally do so within the first three months, so you will need to be very supportive during this period. Support and encourage them to carry on and not to give up all their hard work.

How to stay motivated

It's easy to get discouraged, particularly if your loved one starts behaving in unpleasant ways or wants to give up. But remember that withdrawal symptoms from quitting can result in loss of sleep, loss of concentration, and anxiety; all of which can make someone unpleasant to be around.

What if my loved one starts smoking again?

Don't give up. Speak to your loved one and see what you can learn from the past attempt that may make the next one easier.

Helping someone you love to give up smoking is an incredible gift: the gift of health.

This year, be the reason that someone quits.